

# Annual Report

2012

† CATHOLIC HEALTH  
INITIATIVES®

St. Joseph's Area Health Services  
CENTER FOR WEIGHT MANAGEMENT



**Essentia Health**



Center of  
Excellence  
BARIATRIC SURGERY



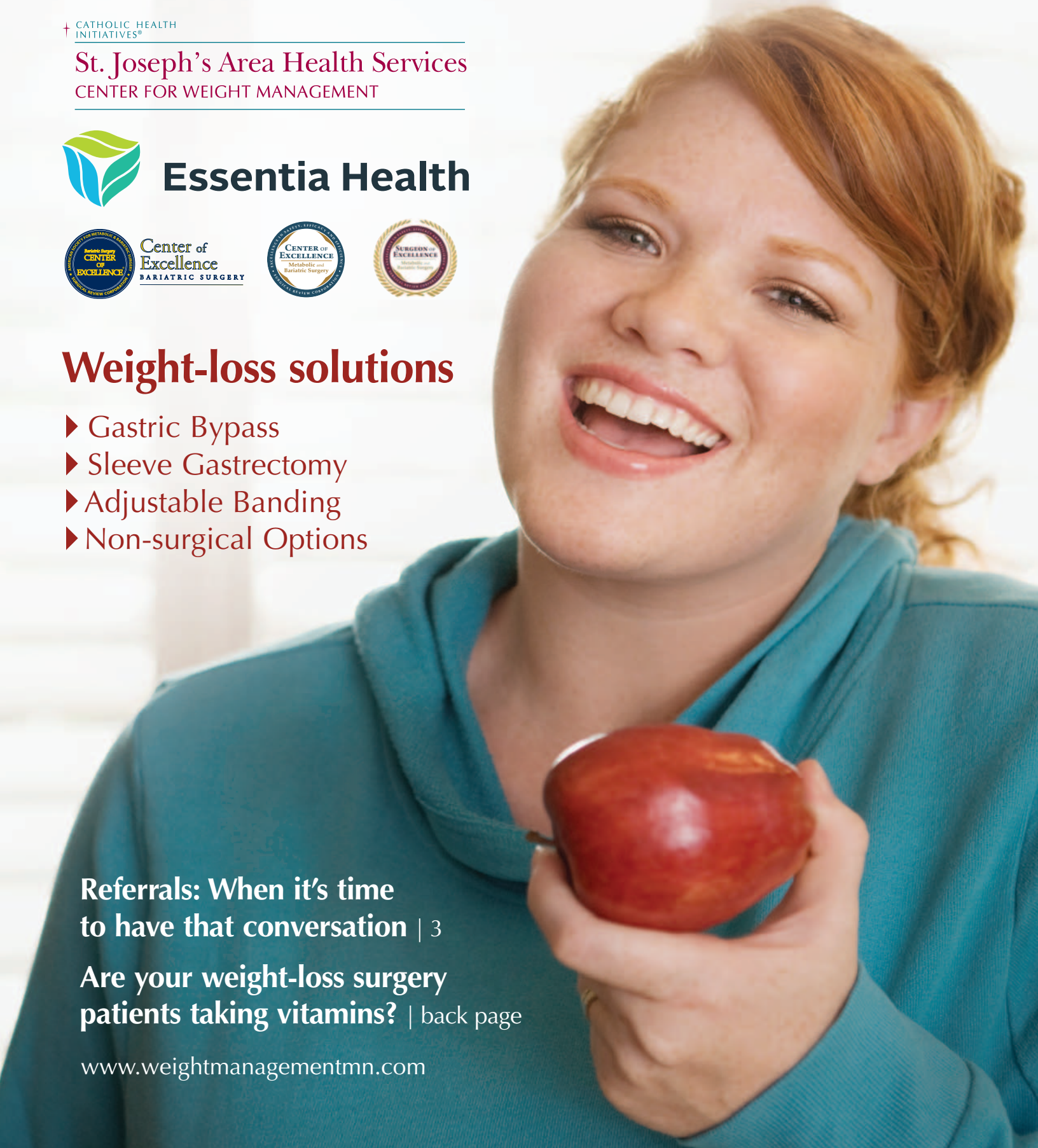
## Weight-loss solutions

- ▶ Gastric Bypass
- ▶ Sleeve Gastrectomy
- ▶ Adjustable Banding
- ▶ Non-surgical Options

Referrals: When it's time  
to have that conversation | 3

Are your weight-loss surgery  
patients taking vitamins? | back page

[www.weightmanagementmn.com](http://www.weightmanagementmn.com)



# Only Centers that Meet Rigorous Criteria Earn Distinction as Center of Excellence

“Our Center of Excellence designation signifies our ability to consistently deliver safe, high-quality care to patients.”

~Leah Walters, RD, LD, CDE  
Center for Weight Management  
Bariatric Manager

The American Society for Metabolic and Bariatric Surgery (ASMBS) Bariatric Surgery Center of Excellence Program, monitored by the Surgical Review Corporation, reports excellent outcomes.

They set the bar high (see chart at right).

The Center for Weight Management, sponsored by St. Joseph’s Area Health Services and Essentia Health Park Rapids Clinic, clearly demonstrates a team focus on exceeding clinical benchmarks and guidelines.

Most importantly, The Center for Weight Management commits to excellence so that patients are able to enjoy improved health and a new quality of life.



Center of Excellence  
BARIATRIC SURGERY

## ASMBS Centers of Excellence outcomes

Aggregate Outcome Data of the First 176 Applicants for Full Approval by SRC. *Pories; June, 2006*

The Center for Weight Management, Park Rapids  
*Jan. 2000 - Dec. 2012*

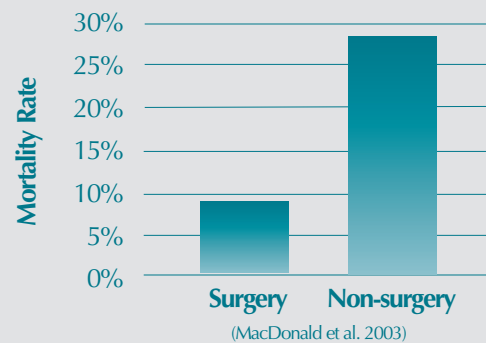
VARIABLE	#	%	#	%
Total Patients	55,567	100	3,254	100
Hospital Mortality	76	0.14	1	0.03
30-day Mortality	165	0.29	5	0.15
90-day Mortality	196	0.35	6	0.18
Readmission	1,956	3.52	82	2.51
Re-operation	887	1.60	40	1.23

### Open & Laparoscopic Gastric Bypass Complication Rates

Variable	Meta Analysis		
	Open*	Lap*	SJAHS Park Rapids
Leak rate	1.64%	1.96%	0.48%
PE Rate	0.75%	0.41%	0.20%
30-day mortality	0.85%	0.24%	0.13%

\*SURGERY CLINICS OF NORTH AMERICA, AUGUST 2005

### Effect of Gastric Bypass on Mortality in Diabetic Patients at Five Years



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CENTER FOR WEIGHT MANAGEMENT



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Center of Excellence  
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600 Pleasant Ave. / 705 Pleasant Ave.  
Park Rapids, MN 56470  
218-237-5757 or 1-800-566-3311  
www.weightmanagementmn.com

**Make a Referral: 218-237-5757**

## Talking points

# Starting the Conversation with Your Patients

Obesity ranks as the second highest cause of preventable deaths in the nation.

It is proven that even a three-minute conversation about excess body weight during a routine patient visit contributes to positive patient behavioral changes.

Younger patients have an easier time decreasing their BMI, so the time to start the conversation is now.

Here's how:

- ▶ **Ask permission:** "Do you mind if we take a few minutes to talk about your weight and how it affects your health?"

Use words such as "excess body weight" or "weight." Avoid words like "fat, obesity, morbid obesity, or excess fat."

- ▶ **Link to health conditions:** Educate patients that their weight condition is treatable and that weight control will benefit other health conditions.

- ▶ **Refer:** Refer patients to a Registered Dietitian, then refer them to The Center for Weight Management for surgical or non-surgical treatment.



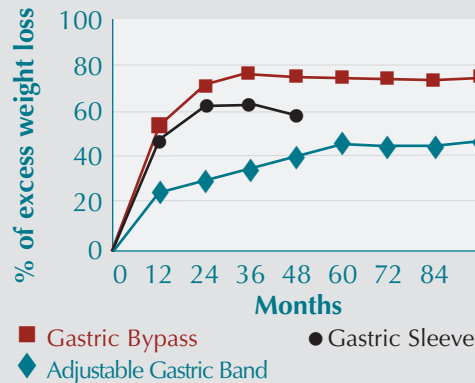
Call 218-237-5757

SOURCE: National Institute of Health & The Center for Weight Management

### Reversal of Co-morbidities

	Type 2 DM	Hyperlipidemia	Hypertension
<b>Gastric bypass</b>	84%	96%	68%
<b>Sleeve gastrectomy</b>	70%	80%	55%
<b>Adjustable Banding</b>	48%	59%	43%

### Comparison Weight Loss



### Our Multi-Disciplinary Team

- Dr. Daniel Smith, Surgeon
- Dr. Robert Wroblewski, Surgeon
- Brenda Norby, PA-C, FNP
- Leah Walters, RD, LD, CDE, Bariatric Manager

- Angelique Clark, Certified Strength & Conditioning Specialist, Athletic Trainer, Addiction Counselor
- Amy Erickson, Exercise Physiologist
- Arlys Hess, MSW, LGSW, Lifestyle Counselor
- Joel Kirchner, PsyD, Psychology

- Tia Kocka, BSN, RN, CDE, CBN Bariatric Nurse Specialist/Diabetes Educator
- Karie Lindow, RN, CBN
- Missy Lindow, PTA, Lifestyle Counselor
- Lisa Marthaler, RD, LD

**Make a Referral:** [leahwalters@catholichealth.net](mailto:leahwalters@catholichealth.net)





# We are among first in U.S. to earn SRC Center & Surgeons of Excellence status

Our Center for Weight Management and surgeons, Dr. Daniel Smith and Dr. Robert Wroblewski, are among the first in the nation/world to earn the Surgical Review Corporation (SRC) designations of excellence.

St. Joseph's Center for Weight Manage-

ment has received the Center of Excellence in Metabolic and Bariatric Surgery designation. Dr. Smith and Dr. Wroblewski, Essentia Health surgeons, have received the Surgeons of Excellence in Metabolic and Bariatric Surgery designation. The announcement was made in early April.

## Fargo appointments

▶ For patient convenience, members of the Center's bariatric team travel to Essentia Health's South University Clinic in Fargo the first and third Tuesday of the month to see post-surgical patients for follow-up exams and for their annual visit.

## Program services

- ▶ Support Groups
- ▶ Support Group Leader Training
- ▶ Graduate Support Group
- ▶ Newsletters
- ▶ Online Support Systems
- ▶ Nutrition Classes
- ▶ Multi-disciplinary Team Approach
- ▶ MOVE! Exercise Classes
- ▶ Annual Retreat
- ▶ Walk From Obesity

## Weight-loss Surgery Outperforms Standard Type 2 Diabetes Treatment for Obese Patients

For anyone struggling from the dual epidemic of type 2 diabetes and obesity, clinical research has demonstrated weight-loss surgery to be "superior to medical treatment producing remission event before weight loss."

This statement came from the American Society for Metabolic and Bariatric Surgery (ASMBS) following an article published in the New England Journal of Medicine (NEJM) last spring.

Clinical studies published in the NEJM

compared weight-loss surgery to conventional medical therapy.

The studies conclude weight-loss surgery "is the most effective treatment for type 2 diabetes in obese patients and surgery should be considered sooner and more often" for patients battling diabetes and obesity, according to the ASMBS.

The real winners are the patients who will have "greater access to safe, proven treatment that has been denied too long to too many," they say.

## Bariatric Patients Take Vitamins/Supplements for Life

Following bariatric surgery, the amount of food eaten is greatly reduced through the creation of a new stomach or pouch. Surgery also re-routes the flow of food through the body, bypassing a

large portion of the small intestine where many nutrients are absorbed.

Vitamins and minerals must be supplemented daily for life to prevent vitamin deficiencies.

### Vitamin/Supplement Recommendations



#### Chewable Multivitamin

- ▶ Adult or children
- ▶ Complete with 400 IU of Vitamin D
- ▶ Take 2 a day at separate times (not with calcium)

#### Chewable Calcium Citrate +D

- ▶ Calcium Citrate 500 mg
- ▶ Not Calcium Carbonate
- ▶ Take 2-3 daily (1000mg total) at separate times (without multivitamin)

#### B-Complex

- ▶ 100mg thiamine
- ▶ 1 daily (crush or cut)

#### B12

- ▶ Sublingual or nasogel form
- ▶ 1000 mcg daily

#### Iron & Vitamin D

- ▶ May be recommended, especially for women. Vitamin D has been found to help increase calcium absorption. Iron is important for red blood cell production, fending off anemia.

**Make a Referral: 218-237-5757**